

Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy . . .



DASH Diet Ranks Best for Sixth Time

The DASH diet took the top spot overall for the sixth straight year in the U.S. News & World Report annual diet rankings, released January 5. This year, the publication rated 38 diet plans in all -- three more than in 2015 -- with rankings based on reviews from a panel of experts. Two of the new additions ranked highly: the MIND diet, which focuses on boosting brain health, and the Fertility diet, which aims to help women conceive faster but has been shown to benefit others as well.

Pre-diabetes and Diabetes News . . .

CVD Risk Increased With Early- vs Late-Onset Diabetes

The risk of developing nonfatal cardiovascular disease (CVD) is almost twice as high in patients who develop type 2 diabetes before the age of 40 compared with those who develop later-onset disease, although the risk is attenuated when adjusted for disease duration, a large cross-sectional survey from China indicates. The study was published online December 15 in *The Lancet Diabetes Endocrinology*.

Prediabetes may increase the risk for early kidney damage

Reuters (12/30, Rapaport) reports that prediabetes may increase the risk for kidney damage, suggests a study published online December 29 in the *American Journal of Kidney Diseases*. Included in the study were approximately "1,300 patients aged 50 to 62 who were followed for a median of 5.6 years."

Personalizing Diabetes Treatment Targets

This retrospective cohort study used data from the US Veterans Health Administration to examine the rate at which physicians discontinued or de-intensified therapy when their diabetes patients' glycemic or blood pressure (BP) levels were low enough to do so. Participants included one cohort of 211,667 patients with diabetes who were older than 70 years and were receiving active treatment for hypertension, and a second cohort of 179,991 patients receiving active treatment for hyperglycemia.

Exercise Prescriptions for Type 2 Diabetics Should Be Specific

(Reuters Health) - Patients with type 2 diabetes should be given exercise "prescriptions" that specify the type, duration, intensity and frequency of workouts, adapted to the individual, according to a new review. Dr. Romeu Mendes of the Public Health Unit, ACES Douro I-Marao e Douro Norte in Vila Real, Portugal and colleagues reviewed published recommendations or guidelines for exercise prescriptions for people with type 2 diabetes issued by international scientific organizations in the field of diabetology, endocrinology, cardiology, public health and sports medicine.

What's new about



Better Choices, Better Health
Put Life Back in Your Life

What Makes This Program Effective?

It is the process in which the program is taught. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. **Better Choices, Better Health workshops will not conflict with existing programs or treatments. They are designed to enhance regular treatment and disease-specific education.** In addition, many participants have more than one chronic condition. The program is especially helpful for these individuals, as it gives them skills to coordinate all the things needed to manage their health, as well as to help keep them active. To learn more and hear participant comments, view the Health for a Lifetime Video.





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Million Hearts® Initiative Update



New Research: Excess Sodium Intake Remains Common in the United States Nearly all Americans – regardless of age, race, gender or whether they have high blood pressure (hypertension) – consume more sodium than is recommended for a healthy diet. That is the conclusion of a new report published by the Centers for Disease Control and Prevention (CDC) in today's *Morbidity and Mortality Weekly Report* (MMWR).

According to the latest findings, more than 90 percent of children and 89 percent of adults aged 19 and older eat too much sodium, that is, more than the recommended limits in the *2015-2020 Dietary Guidelines for Americans*, not including salt added at the table. The newly released guidelines – which are developed around current scientific evidence and released every five years – recommend limiting sodium to less than 2,300 mg per day for people over the age of 14 and less for those younger. Evidence links excess sodium intake to high blood pressure and other health problems. “The finding that nine of ten adults and children still consume too much salt is alarming,” said CDC Director Tom Frieden, MD, MPH. “The evidence is clear: too much sodium in our foods leads to high blood pressure, a major risk factor for heart disease and stroke. Reducing sodium in manufactured and restaurant foods will give consumers more choice and save lives.” CDC researchers analyzed dietary data from the 2009-2012 National Health and Nutrition Examination Survey (NHANES) to calculate how much sodium Americans are eating. Nearly 15,000 people were included in this study. [Read More>>](#)

The latest on the ABCS...

A1c

Patients Can Buy Insulin Without a Prescription, But Should They?

As anyone who needs insulin to treat diabetes can tell you, that usually means regular checkups at the doctor's office to fine-tune the dosage, monitor blood-sugar levels and check for complications. But here's a little known fact: Some forms of insulin can be bought without a prescription.

Aspirin Use



AHA Aspirin Recommendations

People at high risk of heart attack should take a daily low-dose of aspirin (if told to by their healthcare provider) and that heart attack survivors regularly take low-dose aspirin.

Blood Pressure Control and Management

Hypertension-related visits to emergency rooms on the rise in US (Vanderbilt):

The number and percentage of patients treated at emergency departments for hypertension are on the rise across the United States, according to a Vanderbilt University Medical Center study published recently in the *American Journal of Cardiology*.

Newer Blood Pressure Drugs as Good as Older Ones

01/04/2016 Analysis indicates ACE inhibitors and ARBs are equally effective, researchers say.



The Impact of Age in Hypertension Care

Henry R. Black, MD, discusses the role of age in the management of hypertension with Joseph L. Izzo Jr, MD, Professor of Medicine; Department of Medicine, State University of New York at Buffalo. Video and narrative.

Even small reductions in kidney function may lead to heart damage

Reuters (1/12, Doyle) reports that research published online in Hypertension suggests that even small reductions in kidney function may lead to heart damage. HealthDay (1/12, Preidt) reports that the research “included 68 living kidney donors, average age 47, who were followed for a year after donating their kidney.” These individuals “were compared with a control group of 56 people, average age 44, who did not donate a kidney.” The investigators found that “compared to those in the control group, the kidney donors had an expected decrease in kidney function, an increase in the mass of the heart's left ventricle...and a rise in heart damage markers in blood tests.”

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Cholesterol Control and Management



USPSTF releases draft recommendation on who should use statins

The AP (12/22, Neergaard) reports that the US Preventive Services Task Force (USPSTF) has issued a draft recommendation on “who qualifies for cholesterol-lowering statins.” In the new “draft guidelines” released Dec. 21 for public comment, the USPSTF “says the...medications will be of most benefit to some people ages 40 to 75 whose risk of cardiovascular disease over the next decade is at least 10 percent.” According to the AP, the task force recommendations “are similar to...2013 guidelines from the American Heart Association and American College of Cardiology.” TIME (12/22, Park) reports that physicians can assess patients’ “10-year risk by plugging certain information into a web-based calculator formulated by the” AHA and ACC. Two years ago, “the two groups debuted” a “revised algorithm, along with their recommendation that people with a 7.5% or greater risk of heart events in the next 10 years consider taking a statin to reduce that risk.” The USPSTF, however, “concluded that people with a 10% or greater risk of heart problems in the next 10 years, based on the 2013 AHA-ACC calculator, and who have diabetes, high cholesterol, high blood pressure or who smoke, can lower their risk of having a heart attack or stroke by a ‘moderate amount’ by taking a statin.” HealthDay (12/22, Thompson) reports that the “panel added that people with a 10-year risk of heart attack and stroke between 7.5 percent and 10 percent might also benefit from statins, and should discuss the matter with their” physician.

Smoking Cessation

Exposure to the Tips from Former Smokers Campaign among Adolescents in the

United States *Nicotine and Tobacco Research* (December 8, 2015). *Tips* has significant reach among adolescents in the U.S., particularly among those with smoking experience and those whose life environments include more pro-smoking influences.



Plan Clinic Awareness Activities for Upcoming Health Observations:

Heart Month

www.goredforwomen

Wear Red Day

February 5, 2016

Cardiac Rehabilitation Week

February 14-20, 2016

www.aacvpr.org

Cardiovascular Professionals Week

February 14-20, 2016

www.acp-online.org



Brain Injury Awareness Month

www.biausa.org

Save Your Vision Month

www.aoa.org

Kidney Month

www.kidney.org

Diabetes Association Alert Day

March 22, 2016

www.stopdiabetes.com



Training for Providers:

Modern Advances in Glucose Monitoring: Implications for Clinical Practice CME/CE

2/4/16 | Webinar | 1 hour

Million Hearts: Getting to a Million from Here

Watch and share the heart age animated

videos To promote the recent Vital Signs report on heart age, CDC released a short animated video in English and Spanish to spread the word that most U.S. adults have a heart that is older than their actual age.

New tool to enable patients with Reaching and maintaining a healthy weight -- the NIH Body Weight Planner

The National Institutes of Health (NIH) Body Weight Planner provides personalized strategies on how to achieve your healthy weight goals. Watch this video to learn how to use the planner.

Check out the Million Hearts® website with a fresh new look!



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New Resources for Healthcare Providers

Exercise may help people with depression reduce their risk for heart disease, study suggests

HealthDay (1/12, Reinberg) reports that research published online in the Journal of the American College of Cardiology suggests that “exercise may reduce the chances of developing heart disease for people with depression.” For the study, nearly 1,000 individuals “completed questionnaires on depression and physical activity.” Investigators “also checked for several early indicators of heart disease.” MedPage Today (1/12, Phend) reports that the researchers found that “higher Beck Depression Inventory-II scores correlated with more inflammation as indicated by C-reactive protein levels ($P<0.001$), more oxidative stress assessed by lower antioxidant glutathione ($P<0.001$), and poorer vascular function measured by both the augmentation index and subendocardial viability ratio.”

Higher monthly doses of vitamin D associated with increased risk of falls

Although higher monthly doses of vitamin D were effective in reaching a threshold of at least 30 ng/mL of 25-hydroxyvitamin D, they had no benefit on lower extremity function and were associated with increased risk of falls compared with 24,000 IU.

CSPI Webinar on the new Dietary Guidelines for Americans 2015-2020

On 1-8-2016 the Center for Science in the Public Interest conducted a webinar on the Dietary Guidelines for Americans 2015–2020. The webinar featured presentations from Karen DeSalvo, MD, MPH, M.Sc., HHS acting assistant secretary for health, and Bonnie Liebman, MS, CSPI director of nutrition. The recording and slides from the webinar have been posted on CSPI's website. In addition to the webinar materials, the webpage also includes a number of materials on the Dietary Guidelines for Americans 2015–2020, including an infographic that displays the document's evolution over time and a fact sheet highlighting key excerpts from the new Guidelines.

In patient-centered care, where does family fit?

The opinions of family members can affect a patient's decisions about their medical care, but how can a physician respect the wishes of the patient while also including the patient's family members who play a role in major life decisions, such as care planning? The January issue of the *AMA Journal of Ethics* explores patient- and family-centered care as a movement toward participatory medicine that values the opinions of and relationships between patients and their family members. Read more at AMA Wire.

Hypertension Prevalence and Control Among Adults: United States, 2011–2014 [PDF Link](#)

- Key findings
- What was the prevalence of hypertension among adults during 2011–2014?
- Were differences seen in the prevalence of hypertension among adults by race and Hispanic origin during 2011–2014?
- What percentage of adults with hypertension had their blood pressure controlled?
- Among adults with hypertension, were differences seen in blood pressure control by race and Hispanic origin during 2011–2014?
- Has overall prevalence and control of hypertension changed between 1999 and 2014?
- Summary
- Definitions
- Data source and methods
- About the authors
- References
- Suggested citation

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Editors:

Terry Y. Meek
Health Systems Coordinator
terry.meek@idph.iowa.gov

Laurene Hendricks
Linkage Coordinator
laurene.hendricks@idph.iowa.gov